

**Andy Swann
Grit, Track and Trail
Mountain Biking, Climbing and
Adventure**

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Please complete this form in BLOCK CAPITALS

For under 18's the parent/guardian should complete this form

Date of Guided Mountain Bike ride:

A: Participant details

Title:

Full name:

House number/name
and street:

City/County:

Postcode:

Tel no:

e-mail:

Please provide the name and telephone number of
someone who can be contacted in an emergency:

B: Medical Declaration

Do you/your child suffer, or have you/your child ever suffered from any medical condition?

Yes No If yes please give brief details here:

Have you/your child ever been diagnosed with any emotional/behavioural conditions that the
instructor needs to be aware of? Yes No

If yes, please give brief details here:

Do you/your child have a long-standing (ie: for more than 12 months and likely to continue) illness
or disability which affects (or limits) your day to day activities? Yes No

If Yes, please give brief details:

Please advise the ride leader if you have any other conditions you feel they might need to know of.

Acknowledgement of risk

Mountain biking is a potentially hazardous activity. Participants and their parents should be aware of and accept these risks and be responsible for their own actions and involvement.

Please sign below to confirm that the information you have supplied is correct and that you have read and understood the acknowledgement of risk.

Signed: Date:

C: About you

1. New cyclist? Existing cyclist? Returning cyclist?
(not cycled for three months or more)
2. Height (for correct bike sizing).....

4. Age: 16-24 25-34 35-44 45-54 55-64 65-74 75-84 85+

5. Gender: Male Female

6. Ethnicity: Mixed/Other Mixed Black or Black British/African

White/British Asian or Asian British/Indian Black or Black British/Other Black

White Irish Asian or Asian British/Pakistani Chinese or other ethnic group/Chinese

White/Other Asian or Asian British/Bangladeshi Chinese or other ethnic group/Other

Mixed/White & Black African Asian or Asian British/Other Asian Other (please specify)

Mixed/White & Asian Black or Black British/Caribbean

7. Please tell us how you found out about this activity

Guided Cycle Rides leaflet Word of mouth Cycling City York website

Other website (please state which) Social media (please state which)

Other (please state which)

Using and sharing your information

We would like to use your name and contact details to inform you of any future activities or opportunities relating to Cycling in York and to help us make our service better at meeting your needs.

Please tick this box if you do not wish to have your name and details stored and used by the City of York Council. We will not pass your details onto other organisations unless forced to do so by law. The City of York Council's data protection policy can be found at:

http://www.york.gov.uk/council/information/data_protection/

There may be times when we want to use a picture of you participating in a course for marketing and publicity reasons. If you are not happy granting us this consent please tick this box.

I have read and understood the above statement.

Signed: Date:

D: Payment

Dalby forest guided mountain bike rides: **£25.00 per day** includes transport, equipment and instruction.

Please make cheques payable to City of York Council and post to

Fiona Barker – Active Living Officer
Sport and Active Leisure
18 Back Swinegate
York
YO1 8ZD

Alternatively cash can be brought to the above address in envelopes addressed for the attention of Fiona Barker – Sport and Active Leisure